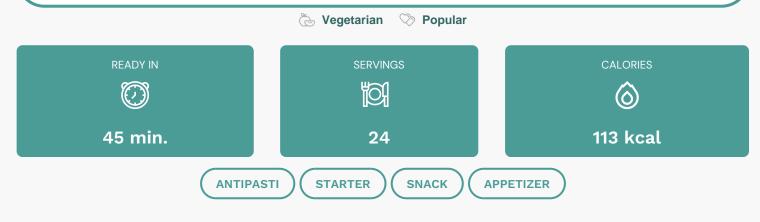


Pumpkin Cream Cheese Swirl Bars



Ingredients

O.5 teaspoon double-acting baking powder
1 teaspoon baking soda
240 grams pumpkin canned
8 oz cream cheese softened
1 large eggs
2 large eggs
220 grams flour all-purpose

48 grams granulated sugar

	1.5 teaspoons ground cinnamon
	0.5 teaspoon ground nutmeg
	0.3 teaspoon salt salted (omit if using butter)
	6 tablespoons butter unsalted melted
	0.3 teaspoon vanilla
	0.3 cup water
Eq	uipment
	bowl
	frying pan
	oven
	knife
	whisk
Directions	
	Mix together the butter and sugar. With a mixing spoon or whisk, beat in eggs, pumpkin, and water until well blended, scraping down sides of bowl as needed.
	Mix flour, cinnamon, baking soda, baking powder, and nutmeg together; stir into batter.
	Spread all but a few tablespoons batter evenly in prepared pan. Reserve the few tablespoon of batter
	Swirl: In a second bowl, beat cream cheese, sugar and vanilla until smooth.
	Add egg and beat just until it's mixed in. Drop tablespoons of cheese mixture over pumpkin batter, then drag a knife through to make marbles. Drop reserved tablespoons of pumpkin batter over top. The reason for this is, there's a lot of white batter, so putting a few tablespoons of pumpkin batter on top gives more of a contrast.
	Bake on center rack until pumpkin batter springs back when touched, about 30 minutes.
	Let cool completely in pan, then chill for an hour or more.
	Cut into 24 bars.

Nutrition Facts

Properties

Glycemic Index:16.21, Glycemic Load:6.63, Inflammation Score:-8, Nutrition Score:4.3191303844037%

Nutrients (% of daily need)

Calories: 112.64kcal (5.63%), Fat: 6.87g (10.56%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 9.9g (3.6%), Sugar: 2.75g (3.06%), Cholesterol: 40.43mg (13.48%), Sodium: 94.59mg (4.11%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 2.46g (4.93%), Vitamin A: 1806.14IU (36.12%), Selenium: 5.93µg (8.47%), Vitamin B2: 0.1mg (6.04%), Folate: 21.91µg (5.48%), Vitamin B1: 0.08mg (5.29%), Manganese: 0.1mg (5.18%), Iron: 0.71mg (3.93%), Phosphorus: 38.74mg (3.87%), Vitamin B3: 0.6mg (2.98%), Fiber: 0.61g (2.45%), Calcium: 23.84mg (2.38%), Vitamin B5: 0.23mg (2.34%), Vitamin E: 0.34mg (2.29%), Vitamin K: 2.13µg (2.03%), Copper: 0.03mg (1.61%), Magnesium: 6.2mg (1.55%), Potassium: 53.16mg (1.52%), Zinc: 0.22mg (1.44%), Vitamin B12: 0.08µg (1.37%), Vitamin B6: 0.03mg (1.3%), Vitamin D: 0.18µg (1.18%)